Easy_EnglishPassage_1015
Good Health and Daily Exercise

Words: 510, Characters: 2990 **LEVEL: EASY**

There is a very famous and old saying that health is wealth, which simply means that 84
a healthy body is much more valuable than having a lot of gold and money. If a person 170
is very rich but always remains sick and tired in bed, they cannot enjoy any of the 254
beautiful things that this world has to offer. Good physical and mental health is the 340
basic foundation of a happy, long, and successful life. In today's fast moving and 423
stressful modern world, many people completely ignore their personal health because 507
they are too busy working in their offices and making money. To remind everyone 587
about the importance of a healthy lifestyle, the United Nations declared that 665
International Yoga Day will be celebrated globally on June 21 every year. Yoga is a 749
very ancient Indian practice that perfectly connects our physical body with our deep 834
mind through simple breathing exercises and stretching postures. Doing basic yoga 916
for just thirty minutes every morning in the fresh air can cure many chronic diseases 1002
and keep our body fully active and energetic throughout the day. A healthy lifestyle 1087
also heavily depends on the type of daily food we choose to eat. Today, many young 1170
children and college students love to eat oily junk food like pizzas, burgers, and sweet 1259
chocolates because they taste very good. However, eating too much of this fast food 1343
makes people very fat and causes dangerous heart problems and diabetes at a very 1424
young age. We should always try our best to eat simple, fresh, and home-cooked 1503
meals that contain plenty of green leafy vegetables, fresh fruits, and milk. Drinking at 1592
least eight large glasses of clean water every day is also very important to flush out 1679
the harmful toxins from our internal system. Along with good food, our body also 1760
needs proper physical exercise to keep our muscles strong and our blood circulation 1844
smooth. Even a simple activity like taking a brisk walk in the nearby public park for 1930
forty minutes in the early morning or evening can do wonders for our heart. Playing 2014
outdoor sports like cricket, football, or badminton with our friends is another very fun 2103
and exciting way to stay fit and healthy. Furthermore, in this digital age, we spend too 2192
many hours continuously staring at our bright mobile phone screens and laptop 2270
monitors. This bad habit puts a lot of stress on our sensitive eyes and disturbs our 2355
normal sleep patterns. Doctors always advise that a normal human being must get at 2438
least seven to eight hours of deep and peaceful sleep every single night to allow the 2524
tired body to repair itself completely. Mental health is also equally important, so we 2611
should always spend quality time with our loving family members and talk to our good 2696
friends to reduce our daily mental stress. By following these very simple rules, we can 2784
easily stay away from expensive hospitals and live a very joyful life. This passage uses 2873

very basic English words to help you practice typing smoothly and quickly for your upcoming government examinations. **2956** **2990**